



COVID-19

IF YOU ARE FULLY VACCINATED

Find [new guidance for fully vaccinated people](#). If you are not vaccinated, [find a vaccine](#).

GUIDANCE FOR UNVACCINATED PEOPLE

Participate in Outdoor and Indoor Activities

Updated June 29, 2021

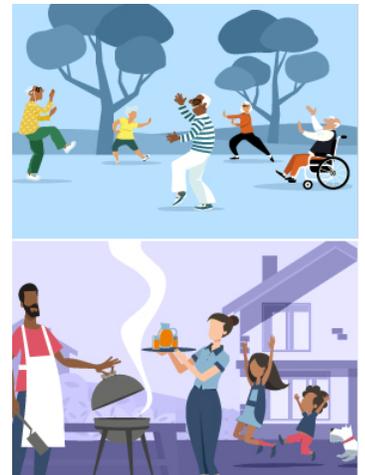
[Print](#)

If you want to spend time with people who don't live with you, outdoors is the safer choice! You are less likely to be exposed to COVID-19 during outdoor activities, even without the use of masks.

- Stay at least 6 feet apart from people who don't live with you.
- Limit your time around others.

Remember

- If you are in an outdoor crowded setting or participating in activities with close contact with others who are not fully vaccinated, wear a mask, particularly in areas with high numbers of cases.
- Follow local mask mandates.



Outdoor and Indoor Activities

Activity

Safer - Outdoor Activities

Less Safe - Indoor Activities



- Outside, at least 6 feet apart
- If you can't stay at least 6 feet apart from people who don't live with you, wear your mask.
- Inside, at least 6 feet apart
- Well ventilated room
- Wearing mask

Exercise



- Run, walk, or bike at your neighborhood park
- Hike on local trails
- Take your dog for a walk around the neighborhood
- Participate in an outdoor yoga class
- Work in the garden
- Exercise at a fitness center
- Walk around the mall during off hours
- Attend a class at a yoga studio
- Swim at your local pool

Restaurants



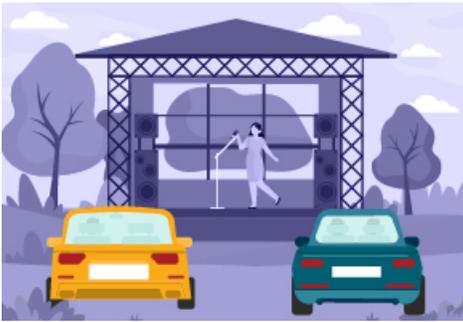
- Pick up curbside meals
- Get food delivered
- Eat outside at a restaurant where the tables are at least 6 feet apart
- Eat inside at a restaurant

Visiting or hosting people who don't live with you



- Have a picnic at a park
- Play kickball in a friend's backyard
- Roast marshmallows by a firepit
- Have an outdoor barbeque
- Watch movies
- Play games
- Chat with your friends

Entertainment



- Go to a drive-in
- Listen to an outdoor concert from your car
- Create your own outdoor movie party
- Watch a movie at a theater
- Watch a musical performance
- Watch a play

Indoor Activities

If you want to make indoor activities safer

- Pick uncrowded, well ventilated places
- Stay at least 6 feet apart
- Wear your mask correctly and consistently
- Limit the amount of time you spend with others

Why Outside is a Safer Choice

COVID-19 spreads more easily indoors than outdoors. Studies show that people are more likely to be exposed to COVID-19 when they are closer than 6 feet apart from others for longer periods of time.

You are **more likely to be exposed** to COVID-19 when you

- Attend crowded, poorly ventilated indoor events
- Have close contact with infected people at home

You are **less likely to be exposed** to COVID-19 when you

- Attend outdoor activities
- Stay at least 6 feet apart
- Limit the amount of time spent with people who don't live with you

Things you can do to be safer

- [Wear a mask](#) consistently and correctly over your nose and mouth
- [Stay at least 6 feet apart](#) from people who don't live with you
- [Avoid crowds](#)
- [Avoid places that are poorly ventilated or crowded](#)
- [Wash your hands](#)

More Information

[Visiting Parks and Recreational Facilities](#)

[Going Camping](#)

[Playing Sports](#)

[Visiting a Playground](#)

[Visiting Beaches and Pools](#)

Last Updated June 29, 2021

Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)